

Hebden Bridge Acupuncture Centre Patient Information Sheet

Latest Research

ACUPUNCTURE/ACUPRESSURE AND PREBIRTH

A study of prebirth acupuncture given in the practices of 14 New Zealand midwives over a four-month period found a 35% reduction in induction rates (43% for primigravidae), 31% reduction in epidurals, 32% reduction in emergency caesarean sections and 9% increase in normal vaginal birth compared to the general population. The most commonly used points were Sanyinjiao SP-6, Zusanli ST-36, Yanglingquan GB-34, Kunlun BL-60 and Hegu L.I.-4. (Acupuncture for prebirth treatment: an observational study of its use in midwifery practice. Medical Acupuncture. **2006**; 17:3).

How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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